About Evergreen Seniors Community Centre

Evergreen is a community centre designed specifically to meet the needs of those age 55 and older. We offer recreational, social and educational programs for individuals living in Guelph and the surrounding areas. The Evergreen Seniors Community Centre is a 25,000-square-foot, state-of-the art, recreation facility that is completely wheelchair accessible. The Centre has a gymnasium/auditorium, several activity/meeting rooms, snooker room, a lending library, a health room, a computer lab, and a public dining room.

Most of the programs offered at the Centre are tailored to individuals 55 years of age and older, however all registered programs are open to anyone looking to develop new skills and friendships.

Website: guelph.ca/seniors
Address: 683 Woolwich Street (near Riverside Park)
Phone: 519-823-1291 x 2454
Hours: Monday to Friday; 8:30 a.m.-4 p.m. (except statutory holidays)
       Monday to Sunday; 6-11 p.m. (based on rental requests)

Program Registration Information

For details on how to register please refer to the Registration Information on page 5 of this guide.

Course fee does not include HST

Register early—avoid the disappointment of a cancelled or full class!

Excellent programs, with super instructors, are cancelled when too many people wait until the last minute to register. We need a minimum number of participants to register in order for a class to run. To avoid inconvenience to registrants, we cancel courses with low registration numbers about one week ahead of time.

Refund Information

Consider using your credit card to register for courses to avoid waiting for a cheque in the mail. If you have paid by debit card, you must attend the facility in order for us to put the refund back onto your card.
Active Living

**Chair Yoga**

Chair yoga offers the same benefits as other yoga practices, such as increased flexibility, strengthening and increasing range of motion in the joints and simply uses a chair to assist with postures. Chair yoga is for everyone and especially those who may have limited mobility and/or are unable to get up and down on a yoga mat. Postures can be modified to meet students’ needs. Learning to breathe effectively is also a part of yoga practice. Please bring your own yoga mat to class to be placed under your chair.

**Age:** All Ages  
**Location:** Evergreen Seniors Community Centre

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Classes</th>
<th>Mem/Non Mem</th>
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**Cardio Dance**

This innovative, fun and exciting dance fitness class is guaranteed to get you moving into shape. This safe and effective Total Body workout is specifically designed for beginners and seniors.

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<td>11</td>
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**Elder Dance–Celtic Movement**

This program, a signature of Seniors Creative Celtic Movement, is designed to increase the participant’s level of health and well-being. Music is implemented and is Celtic in origin with tranquil tempos that aid in graceful, elegant dance movements. This program will put into shape your body, mind and soul.

**Age:** 55+ years  
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<td>9</td>
<td>$58.50/$66.00</td>
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**Pilates**

Achieve better posture, balance and everyday movement through the exercises of Joseph Pilates. Pilates can benefit everyone and offers a refreshing change from the traditional types of exercise. Please bring a mat.  
Instructor: Ann Stallman

**Age:** 55+ years  
**Location:** Evergreen Seniors Community Centre

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**Qi Gong (Chi Kung)**

A Chinese blend of exercise, stretching and meditation. The classes focus on ‘Eighteen Postures for Daily Practice,’ a Qi Gong set that integrates East and West in a series of gentle exercises designed to maintain and enhance health. Adapting classical Qi Gong forms, this style incorporates therapeutic exercise, self massage and meditation. Both Monday and Thursday classes are suitable for beginning or returning students.

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Qi Gong 2 (Chi Kung)
A Chinese blend of exercise, stretching and meditation. The classes focus on ‘Eighteen Postures for Daily Practice,’ a Qi Gong set that integrates East and West in a series of gentle exercises designed to maintain and enhance health. Adapting classical Qi Gong forms, this style incorporates therapeutic exercise, self massage and meditation. Both Monday and Thursday classes are suitable for beginning or returning students.

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<td>Thu</td>
<td>Jul 3-Aug 28</td>
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Strength Training – Beginner
The beginner strength training class focuses on functional exercises that include balance, flexibility and cardiovascular movements. Exercises are performed both sitting and standing. Hand weights are used for strengthening and toning muscles; choose the weight amount that is best for you. A variety of equipment is used throughout the classes. There are no mat work exercises. Join us to keep your body fit, moving and able to live independently.

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<td>Jul 3-Aug 28</td>
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<td>Jul 8-Aug 26</td>
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Strength Training – Intermediate
The intermediate strength training class focuses on exercises that are performed both sitting and standing, with an increased focus on standing for cardiovascular endurance. This class performs functional exercises that include balance, flexibility and cardiovascular movements. Hand weights are used for strengthening and toning muscles; choose the weight amount that is best for you. A variety of equipment is used throughout the classes. There are no mat work exercises. Join us to keep your body fit, moving and able to live independently.

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<td>Jul 8-Aug 26</td>
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Strength Training – Intermediate/Advanced
The intermediate/advance strength training class focuses on a low impact cardio warm up. This class performs functional exercises that include balance, flexibility and cardiovascular movements. Exercises are performed sitting and standing. A variety of equipment is used throughout the classes which may include bands, stability balls and weights of your choice. There may be some mat work. Join us to keep your body fit, moving and able to live independently.

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<td>Fri</td>
<td>Apr 25-Jun 27</td>
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<td>Fri</td>
<td>Jul 4-Aug 29</td>
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<td>Mon</td>
<td>Jul 7-Aug 25</td>
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</table>
**Strength Training – Advanced**

Come and challenge your fitness in the advance strength training class. This class focuses on a low impact cardio warm up. This class performs functional exercises that include balance, flexibility and cardiovascular movements. A variety of equipment is used throughout the classes which may include bands, stability balls and weights of your choice. There may be some mat work. Join us to keep your body fit, moving and able to live independently.

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<td>Wed</td>
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**Tai Chi – Beginner**

Practiced by the Chinese for hundreds of years, this non strenuous exercise is extremely beneficial to both mind and body. An introduction to the first moves of the Tai Chi Ch’uan will be provided.

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<td>Thu</td>
<td>Apr 17-Jun 26</td>
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**Tai Chi – Continuing Level I**

Continue to work on learning the complete sequence of Tai Chi Ch’uan moves. These classes are suitable for anyone who has completed Beginners Tai Chi or has had previous experience with a similar style of Tai Chi.

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<td>Apr 15-Jun 24</td>
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**Tai Chi – Continuing Level II**

This class is slightly more advanced than Level 1.

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<td>Day</td>
<td>Date</td>
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<tr>
<td>Wed</td>
<td>Apr 23-Jul 2</td>
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**Yoga – All Levels**

This program is open to everyone, no previous experience is required. We will explore this centuries old discipline which brings health and vitality to the body, peace to the mind and joy to the spirit.

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<td>Fri</td>
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Computers and Technology

**Brain Fit**
The Brain Fitness program speeds up and sharpens auditory processing the listening system of the brain. By improving the quantity and quality of what your brain takes in through sound, it drives an overall improvement in thinking, focus, and memory. Use the Brain Fitness program to: improve memory by 10 years, speed up auditory processing by 131 per cent, find words on the tip of your tongue, and participate in and remember conversations more fully.

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<td>17</td>
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**Computers Getting Started I: BASIC I**
This entry level course is for those who would like to try computing at its most basic level. Your instructor, Ken Russell, will give you hands on experience on learning at your own speed.

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**Computer Maintenance – Keep it running smoothly**
Computer running slow? Got a lot of ‘garbage’ on your computer? Need to understand anti-virus software? You can use your existing Windows software to clean up and get peak performance from your computer. Come find out how to make your computer run faster. Clean up deleted or unneeded folders and files, delete cookies, clear your cache. Create system restore points, backup your computer, scanning and defragmenting hard drive, computer security and much more.

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**Computer Mentoring**
Just about everyone with a computer runs into problems. Don’t struggle when there is help available at these weekly mentoring sessions. Volunteers from the GWSA Computer Club are available to assist you with your specific problem areas.

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</table>
Computer Workshops: Digital Photo Primer

Pick one course or take the whole series. Start with the basics of your digital camera or learn how to enhance your photography skills!

**Camera Basics:** This course looks at the most common features found on digital cameras. Topics include using the camera’s menus and modes to take better pictures, downloading pictures onto your computer, and organizing them into folders and albums.

**Computer Software:** Let’s learn how to use your computer software. This workshop will cover how to understand your computer and use the applications with your camera. A variety of software may be discussed.

**Photography Subjects:** Let’s make your photos wonderful! Use photo editing software to alter photos—brighten and darken, crop, remove red eye etc. Add captions and special effects. Learn how to change a picture’s file size before emailing or uploading to a website.

**Computers – File Management**

Thought file management was just for paper files? Think again. It’s just as important to keep the files on your computer organized and up-to-date. Just as with paper files, the goal of computer file management is to ensure that you can find what you’re looking for, even if you’re looking for it years after its creation. This file management workshop will help you keep your files organized and accessible.

**Computers – Google**

Learn about using advanced search, image search, calendar, maps, chat, documents, voice (free calls from your computer to any phone in Canada and US), YouTube, and much more.
### Brain Fit INSIGHT

InSight features five computer-based exercises for use on a PC. These exercises speed up and sharpen how the brain processes and remembers visual information. InSight is clinically proven to help you: Drive more safely and cut your car crash risk by 50 per cent. Remember more visual details when traveling, reading a medication label, and in every vision-rich task. React more quickly when driving, walking in a crowded area, playing sports, and other situations that require fast responses to visual information. InSight is also proven to prolong independence and help maintain health-related quality of life, among many other benefits. The InSight exercises adapt to individual level and help connect your progress to real-life examples.

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### Computer Workshops: Going Online

Choose the course that best suits your needs to learn about going online. Learn about Facebook, Internet basics or email. Or chose all three!

**Welcome to Facebook!** Learn about key features of this popular website and how to use them to connect with friends and family. Facebook has several different ways to communicate—one of them is probably right for you! We will also discuss how to manage privacy settings. Depending on time and interest, additional topics such as groups, lists and apps may be covered.

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**Internet Basics:** Are you new to the Internet and wonder what you’re missing? Have you tried going online but found it confusing? This introductory workshop will help guide you through the basics, like how to use an internet browser (the software that lets you access the web), how to search for websites, and how to be safe online. Please note that you should know how to use a mouse to get the most out of this session.

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**Email:** Learn how to send messages and attachments (such as photos) through email. It is a quick and efficient way to correspond with friends, family and businesses! Please note that, due to technical restrictions, it may not be possible to set up a new email account in class. If you have email already, please bring your login and password. If not, class accounts will be available to practice with.

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### Microsoft Office – Excel

This one-day course will introduce you to the basics of Microsoft Excel—spreadsheet software that does so much more than add numbers together. Learn the fundamentals, formulas, and other features to prepare budgets, investments and more.

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Microsoft Office – Word

With Microsoft Word, you can create fantastic cards, flyers, meeting minutes, newsletters—basically, any kind of document. It’s not just for typing letters anymore! Come learn the basics of this fabulous program and how templates can give you a head start on all your projects. This is for Windows 7.

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Computers – Purchasing a Computer

Not sure what you should purchase for a computer? This class will help you to determine what you need to meet your technology requirements.

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<td>1-3 p.m.</td>
<td>1</td>
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Computers – Genealogy

Diving into your family history can be an amazing adventure—one in which the learning never ends. The Internet offers a wonderful array of databases, records, and other resources for researching your family tree online or use a specific software program. Learn how to use these tools to help you keep track of your own family tree. This will make exchanging family history information with your relatives much easier.

Family History 1: Diving into your family history can be an amazing adventure! In this workshop, you will get an overview of computer software and online resources that can make the journey easier and more fun. Learn about various free and paid options to help you get started.

**Age:** 55+ years  **Location:** Evergreen Seniors Community Centre

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
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<th>Classes</th>
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</table>

Family History 2: Do you feel like your family history has hit a wall? Is there a mystery you just can’t seem to unravel? If there isn’t, there will be! The challenges of uncovering the past are part of genealogy. Have more fun and less frustration by learning how to stay organized, apply different research strategies, and understand some of the jargon you might come across online or in your genealogy software.

**Age:** 55+ years  **Location:** Evergreen Seniors Community Centre

<table>
<thead>
<tr>
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<th>Date</th>
<th>Time</th>
<th>Classes</th>
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Computers – Skype

After completing this course you will know how to set up Skype, add your contacts and make your first call. Learn how to change your settings to private, block or unblock contacts, and view your history. Communicate between computers. Talk to anyone else on Skype, anywhere in the world, for free with a Skype-to-Skype call. Call people all over the world on their mobile or landline for small charge per minute using Skype.

**Age:** All Ages  **Location:** Evergreen Seniors Community Centre

<table>
<thead>
<tr>
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<th>Time</th>
<th>Classes</th>
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Computers – Smartphone
Looking to purchase a smartphone? This course will walk you through what options for cell phone plans, what types of phones there are, and what your needs are for your phone.

Age: 55+ years  
Location: Evergreen Seniors Community Centre

<table>
<thead>
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<th>Date</th>
<th>Time</th>
<th>Classes</th>
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Computer Tablets
Come learn how to use your iPad or Android tablet. Get the basics and more! Please register in the course that is correct for your type of tablet. iPad course can only accommodate Apple tablets. We are currently not offering courses for BlackBerry or Windows RT.

iPad Tablet: This course is to help the new iPad user navigate through the functions of this type of computer tablet. Please bring your iPad to class with you so you are ready to get started.

Android Tablet: This course is to help the new Android tablet user navigate through the functions of this type of computer tablet. Please bring your tablet to class with you so you are ready to get started.

Age: 55+ years  
Location: Evergreen Seniors Community Centre

<table>
<thead>
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<th>Classes</th>
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2014 Ontario Senior Games Association (OSGA) 
District 26 Waterloo/Wellington 55+ Games

Seniors, prepare for some fun!
The OSGA District 26 Waterloo/Wellington is hosting the summer Games from June 2 to 13, 2014 in Guelph.

Sports events include:
✓ table tennis  ✓ Euchre  
✓ slo-pitch  ✓ Bid Euchre  
✓ five and 10 pin bowling  ✓ Cribbage  
✓ badminton  ✓ shuffleboard  
✓ Bridge  ...as well as many other activities.

Winners will advance to the Ontario Provincial 55+ Games being held August 29 to 31, 2014 in Windsor/Amherstburg.
ontarioseniorgames.ca  ontario55plussummergames.com

Registration forms are available at all seniors centres in District 26 including: 
Evergreen Seniors Community Centre 
683 Woolwich Street, Guelph

Royal Canadian Legion 
Colonel John McCrae Memorial Branch 234 
57 Watson Parkway South, Guelph

For more information or to volunteer at the Games, contact: 
Linda Krieger  T 519-829-3239
Ken Johnson  T 519-824-9512
Jocelyn Pedersen  T 519-822-1260 x 2453
General Interest

Antique Discovery

Area residents have an opportunity to find out if the treasures they've been hanging onto are worth as much as they hope or even more. The City of Guelph is hosting antique and heirloom valuations at the Evergreen Seniors Community Centre, located at 683 Woolwich Street on Friday, June 20 from 12:30-3:30 p.m. Treasure Antiques and Appraisals of Oakville will be onsite to evaluate antiques, heirlooms, fine art, decorative art (silver, china, clocks and art objects), jewellery and watches. Treasure Antiques will also be accepting offers to purchase and consignments for sale of high quality items. Appraisals are $5 per item, paid in cash the day of appraisals. Advance registration is required. Contact 519-823-1291 or visit in person at the Evergreen Seniors Community Centre. Please note: This is not an appointment. Day of event will be first come first serve.

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<thead>
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<th>Location: Evergreen Seniors Community Centre</th>
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</thead>
<tbody>
<tr>
<td>Day</td>
<td>Date</td>
</tr>
<tr>
<td>Fri</td>
<td>May 30</td>
</tr>
</tbody>
</table>

Brain Gym and More

An introduction to a multi-sensory brain stimulation program. Research studies show that keeping your brain active and alert slows down or reverses some of the symptoms of aging such as lack of concentration, poor recall, limited thinking patterns and inability to learn new material. Come learn more. Three classes once per month from April to June.

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<th>Location: Evergreen Seniors Community Centre</th>
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</thead>
<tbody>
<tr>
<td>Day</td>
<td>Date</td>
</tr>
<tr>
<td>Tue</td>
<td>Apr 22-Jun 24</td>
</tr>
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Community Rummage and Treasures Sale

Rain or Shine! Rent a table and sell those treasures from the attic...all in the indoor comfort of the Evergreen Seniors Community Centre. Admission to sale is free.

<table>
<thead>
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<th>Age: All Ages</th>
<th>Location: Evergreen Seniors Community Centre</th>
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<tbody>
<tr>
<td>Day</td>
<td>Date</td>
</tr>
<tr>
<td>Sat</td>
<td>Apr 12</td>
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</table>

Exercise for Medicine

On Monday, June 23, 2014, University of Guelph faculty and students from the Exercise is Medicine (EIM) Canada chapter will be hosting an interactive workshop on how a healthy lifestyle and increased activity can benefit balance, mobility and general well being of older adults. To learn more about the EIM, please visit exerciseismedicine.ca and please stay tuned for more details.

<table>
<thead>
<tr>
<th>Age: All Ages</th>
<th>Location: Evergreen Seniors Community Centre</th>
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<tbody>
<tr>
<td>Day</td>
<td>Date</td>
</tr>
<tr>
<td>Mon</td>
<td>Jun 23</td>
</tr>
</tbody>
</table>
Guelph Pride Week

There will be two open house forums that will allow you to ask questions to community experts and engage in a discussion about sexuality in an open and safe environment. The first event is part of the 2014 Guelph Pride Week and will help increase awareness about sexual orientation in the hopes of building a stronger, more diverse Guelph community. The second event will take place during Seniors Month in June. Think of some questions and we will see you there!

Through art and discussion, we will be exploring the role of sexuality throughout our lives, and the diversity of sexual identities and orientations in our communities. Presented by Guelph Pride and the AIDS Committee of Guelph and Wellington County, this workshop will be a chance to learn from and with each other about our experiences. Seniors are encouraged to bring guests to facilitate an intergenerational dialogue about sexuality, Pride, and healthy relationships.

Age: All Ages
Location: Evergreen Seniors Community Centre

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Sexuality is a lifelong component of people’s lives. As we age, our sexual desires and sexual health needs change. This workshop will be an opportunity to talk about sexual health, and explore ways of being sexually healthy as we age. Topics will include communicating with your partners, getting appropriate sexual health care, and ways of preventing STIs and HIV.

Age: All Ages
Location: Evergreen Seniors Community Centre

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<tr>
<th>Day</th>
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<th>Classes</th>
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Garden Fresh – Small Box

A non-profit, fresh produce-buying service operated by the Guelph Community Health Centre. Please see page 123 for more information.

Age: All Ages
Location: Evergreen Seniors Community Centre

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Classes</th>
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<td>Wed</td>
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<td>noon-2 p.m.</td>
<td>1</td>
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Garden Fresh – Large Box

A non-profit, fresh produce buying service operated by the Guelph Community Health Centre. All boxes contain fruits and vegetables. Please see page 123 for more information.

Age: All Ages
Location: Evergreen Seniors Centre

<table>
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<tr>
<th>Day</th>
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<th>Classes</th>
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<td>1</td>
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</table>
Travel Insurance and Financial Services 101

**Why purchase travel insurance?** How do I prepare to get travel insurance? What is the stability clause? Understanding the travel insurance options available to you...join in the financial discussion regarding investment planning. Topics included: avoiding probate fees, tax efficient income, lifetime gift annuity, and budgeting/spending tips. These topics are two separate sessions.

Age: All Ages  Location: Evergreen Seniors Community Centre

<table>
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<tr>
<th>Day</th>
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<th>Time</th>
<th>Classes</th>
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</table>

**Retirement financial services:** Tips, traps and tidbits on investment planning. Please join this information session as they go through areas in your investment planning that can reduce taxes, improve monthly cash flow and organization tips. Hot topics discussed: avoiding probate fees, tax efficient income, lifetime gift annuity, and budgeting/spending tips. Maintain your wealth by learning investment risks not investment returns. Session lead by Stacey Aarssen

Age: All Ages  Location: Evergreen Seniors Community Centre

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<tr>
<th>Day</th>
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<th>Time</th>
<th>Classes</th>
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Minds in Motion®

Minds in Motion is a program that incorporates physical and mental stimulation for people living with early to mid-stage Alzheimer’s disease or other dementias, and their care partners. Two main components make up the social program:

- 45 to 60 minutes of physical activity led by a trained physical activity program leader
- 45 to 60 minutes of mentally stimulating activities facilitated by a Minds in Motion coordinator and volunteers

This two-hour program is a great opportunity to establish new friendships with others who are living the same experiences. Minds in Motion is not a fitness program, a social recreation program or a drop-in program.

Age: All Ages  Location: Evergreen Seniors Community Centre

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Piano Lessons

Have you always wanted to learn piano? Haven’t played for a while and would like some instruction? Beginners through intermediate level learners are welcome to take lessons in a 10 week session; 1/2 hour private lessons each week.

Age: 55+  Location: Evergreen Seniors Community Centre

<table>
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<th>Classes</th>
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**Photo Organizing**

Print photos hiding in boxes are the untold stories you dreamed of telling when you took the pictures in the first place. Learn to edit, sort and organize your photo collection making it easy to access, as well as pass on your family history in images for generations to come.

**Age:** All Ages  
**Location:** Evergreen Seniors Community Centre

In this workshop you bring your boxes, bags and albums of print photographs and with the help of a certified organizer you will sort, edit and organize your photo collection, making it easier to enjoy and share your stories.

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Bring the rest of your print photographs to sort, edit and organize. You will also discuss ways you can share your stories with your photos and how to bring those photos back into your life.

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**Rightsizing Your Home and Possessions**

Our Lives and Our ‘Stuff’— Sorting it Out! Are crowded closets, cupboards or a cluttered basement overwhelming you? Perhaps it’s time to clear out the ‘stuff’ that weighs you down, or is complicating your move to a smaller residence. This workshop offers a fresh focus on the treasures and possessions that truly belong in your life now and strategies and solutions for dealing with the rest. Professional organizer Kathy MacLean draws on 10 years of experience helping seniors sort out their homes and manage their moves.

**Age:** All Ages  
**Location:** Evergreen Seniors Community Centre

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**Special Events**

**Seniors’ Month Barbeque – Thursday June 19**

Join us for a special barbeque in June for Seniors’ Month. The barbeque meal includes: hamburger or sausage with sauerkraut, dessert and drink for $10 and will be served in the Evergreen Dining Room. Two seatings are available: 11:30 a.m. and 12:30 p.m. Please purchase your ticket at the front desk.

**Please note:** If you are participating in the Seniors’ Walk please purchase a 12:30 p.m. seating.

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<tr>
<td>Thu</td>
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<td>12:30 a.m.-1:30 p.m.</td>
<td>$10.00/$10.00</td>
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**Fashion Show**

Real Models from the Evergreen Seniors Community Centre will be modelling an exciting line up of clothing from Northern Reflection with jewellery and accessories on Tuesday, May 13 at 1:30 p.m. Light refreshments will be served after the show. Purchase tickets in advance at the Evergreen Seniors Community Centre.

<table>
<thead>
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<th>Date</th>
<th>Time</th>
<th>Mem/Non Mem</th>
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<td>$7.00/ $7.00</td>
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Visual and Creative Arts

Acrylic Painting

Join us for informative lessons in painting with acrylics. Stroke types, techniques and form will be the focus of this hands-on class. Be inspired, have an open mind and create your masterpiece with this form of art. This class is intended for individuals with some previous painting experience.

**Age: All Ages**  
**Location: Evergreen Seniors Community Centre**

<table>
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<th>Day</th>
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<th>Time</th>
<th>Classes</th>
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Fundamentals of Drawing

This comprehensive course focuses on using proper measuring techniques and real observation. Learn about the tools: graphite, charcoal and how to see and develop highlight, shadow and accurate perspective in your drawings. We will begin by drawing the basic shapes of the cones and cubes, and move on to more complex still life subjects, interior spaces and the human portrait. This course is ideal for either the absolute beginner, or for those who may be taking other painting courses and need a refresher course to hone their drawing skills.

**Age: All Ages**  
**Location: Evergreen Seniors Community Centre**

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<th>Day</th>
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</table>

Painting with Pastels – Intermediate

This eight-week course is designed to review the basic principles of colour theory and then put it into practice using some of the techniques like feathering, scumbling, crosshatching and sgraffito. The exercises and techniques will be worked into the students own choice of subject matter where possible. A still life arrangement will also be available for those who are interested in working directly and not from photos. When the weather permits we will be taking the opportunity to try ‘plein air’ painting. While some knowledge of pastels would be helpful, a beginner to pastels would still benefit from this course. Knowledge of basic drawing is required.  
Instructor: Leslie Miles

**Age: All Ages**  
**Location: Evergreen Seniors Community Centre**

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<th>Classes</th>
<th>Mem/Non Mem</th>
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<td>Apr 17-Jun 5</td>
<td>1-3:30 p.m.</td>
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Watercolours

This watercolours class is for all levels of painters. The instructor will work with participants on an individual basis or in small groups of similar interest or skill.

**Age: All Ages**  
**Location: Evergreen Seniors Community Centre**

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<tr>
<th>Day</th>
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**Centre Services**

No need to “run around” looking for services that you need. Have a look at the list of services in the next few pages and you will see that we can help you with a wide variety of services that you may need from time to time. We have a fabulous library called the Book Nook with a great selection for your reading needs, you can get your feet taken care of by a registered practical nurse or, you can order a fabulous box of fresh vegetables and fruit, to name but a few of the services/programs available at the Evergreen Seniors Community Centre. If you do not see the service that you need please let us know.

**Health**

**Osteoarthritis Education Classes**

Learn more about your arthritis condition and the proper exercises for your affected joints. A screening assessment is done by an Arthritis Society physiotherapist prior to the classes.

**For more information, call the Arthritis Society at 1-800-321-1433 x 1101.**

Dates: March 12 and May 21
Time: 1-3:45 p.m.
Location: Boardroom, Evergreen Seniors Community Centre
Cost: Free

**Free Diabetes Care Guelph Clinic**

Persons who are living with or at risk for diabetes are eligible to receive the free services of Diabetes Care Guelph. Through regular meetings with a registered nurse and dietitian, patients will receive support and education tailored to managing their diabetes.

**For more information, call Diabetes Care Guelph at 519-840-1964.**

Day: Fridays
Time: By appointment
Where: Health Room, Evergreen Seniors Community Centre
Cost: Free

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**Foot Care**

Foot care is provided by registered practical nurse. Appointments are necessary and fill up quickly. **Book your appointment by calling the Information Desk at 519-823-1291.**

Days: Tuesday, Thursday, and the third Wednesday of each month
Cost: $28 and Payable directly to the nurse

**Canadian Hearing Society Screening**

Get your hearing tested by the Canadian Hearing Society and receive immediate results. Appointments are half an hour in length and you receive your results immediately. **Book your appointment in advance by calling the Information Desk at 519-823-1291.**

Time: 10-3 p.m. (30 minutes each)
Cost: Free
Dare: April 9

**Hearing Improvement Committee**

A self help program for people with hearing impairment and those interested in better coping with hearing loss. We encourage anyone interested to join us. **For more information, call Marianne Matthews at 519-822-3946.**

Dates: March 6, April 3, and May 1
Time: 2-4 p.m.
Where: Board Room, Evergreen Seniors Community Centre

**Garden Fresh Box**

The Garden Fresh Box is a non-profit, fresh produce buying service created to help people access affordable fresh fruits and vegetables. Garden Fresh Box supports local farmers as well. The program is operated by the Guelph Community Health Centre. For more information, call 519-821-8833. To order a box for pick up at the Evergreen Seniors Community Centre please call the front desk at 519-823-1291. All boxes contain fruit and vegetables.

Orders must be placed by the first Friday of each month to be picked up on the third Wednesday of each month between 12:30 and 2 p.m. in the front foyer at the Evergreen Seniors Community Centre. Payment must be made at the time you place your order at the reception desk.

**Cost: $15/small box, $20/large box**
Facility Services

The Evergreen Seniors Community Centre is a great resource of information for services such as odd jobs, community agencies, government services and housing. Call or visit the Information Desk for assistance from a knowledgeable peer volunteer.

Room Rentals at the Evergreen

There are a number of rooms and services available for evening and weekend rentals. We can accommodate a variety of functions including meetings, recitals, parties, sporting events, weddings and trade shows. No Kitchen facilities available. Features of the Evergreen Seniors Community Centre include:

• Bright, airy rooms
• Fully accessible
• Catering available for week-day rentals only
• Audio-Visual Equipment, screens available for a fee
• Wifi

For more information, call the administrative clerk at 519-823-1291 x 2454.

Evergreen Restaurant

Experience the Evergreen Dining Room, a public restaurant located inside the Evergreen Seniors Community Centre. Come out and give us a try! We serve a variety of “homemade” meals and wide variety of soup, sandwiches, salads and home baked desserts. The cost is affordable and the servings are healthy and generous. Our “meals to go” service is an affordable and convenient service. A volunteer will also deliver meals should you live in the immediate area of the Evergreen Seniors Community Centre. Please call 519-823-1291 x 2696 to explore this convenient option. See you in the Restaurant!

Hours: Monday to Friday, 8:30 a.m. to 1 p.m.,
Breakfast and menu items served 8:30 a.m. - 1 p.m.
Featured hot lunch served 11:30 a.m. - 1 p.m.
See you there!

Roast beef Dinner – Friday, April 4

Come and enjoy a roast beef dinner. The trimmings include mashed potatoes, yorkshire pudding, gravy, coleslaw, vegetables and homemade dessert. Enjoy your supper with family in our auditorium. Please purchase tickets in advance at the Evergreen Centre.
Adult $15, Child $7.50 (10 and under)
Time: 4:30-6:30 p.m.

City of Guelph Gift Cards

The Evergreen Seniors Community Centre has City Gift Cards available in any denomination they can be used for all City & GWSA programs. Make sure you come on in and pick one up for the special people on your gift list. They make great gifts for birthdays and special occasions.

June is Seniors’/Recreation Month

Join us at Evergreen Seniors Community Centre throughout the month of June as we celebrate recreation with fun and exciting activities for everyone! All activities take place at Evergreen Seniors Community Centre unless otherwise indicated. For more information, call Jocelyn at 519-823-1291.

Watch for more June is Recreation Month activities in the coming months by visiting the City’s website at guelph.ca/recreation

District 26 Senior Games hosted at the Evergreen Seniors community centre from June 2 to 13. There will be a variety of sports and activities to compete in.
FACILITY SERVICES

SENIORS

Evergreen Bike for Heart – Wednesday, June 11
Join our team and help to ride the Big Bike for Heart. Teams made up of 29 enthusiastic riders committed to raise a minimum of $50 each. A driver is provided by the Heart and Stroke Foundation and riders pedal through their community in support of heart disease and stroke research. Raise money to help support the local Foundation.

30,000 Years of Art
Join the Art in the Halls Project Curator, Mary Kroetsch for a whimsical talk on how to explore and enjoy discovering all kinds of art. You will be amazed where you can find and share the exploration of art. No registration required event is free. 
Wednesday, June 18 - 10 a.m.

Flag raising and Seniors’ Walk
The GWSA walking group will lead us on a walk along the trail/path way system from Riverside Park to City Hall and back. We will stop at City Hall for a flag raising ceremony for June is Seniors’ Month. Once back at the Evergreen Seniors and Community Centre, please join us for a barbeque. Please purchase a barbecue ticket for the 12:30 p.m. seating. Walk begins at 10 a.m., Please meet at Riverside Park at 9:45am. Flag raising at City Hall at 11 a.m.
Thursday, June 19

Seniors Month Barbeque- Thursday June 19
Join us for a special barbeque in June for Seniors’ Month. The barbeque meal includes: hamburger or sausage with sauerkraut, dessert and drink for $10 and will be served in the Evergreen Dining Room. Two seatings are available: 11:30 a.m. and 12:30 p.m. Please purchase your ticket at the front desk.
Please note: If you are participating in the Seniors’ Walk please purchase a 12:30 p.m. seating.

Volunteer Opportunities
Volunteering within the community is an active way to engage in the exciting dynamics of the Evergreen Seniors Community Centre. Consider volunteering for many reasons including making friends, helping others, learning new skills or improving others, and sharing your talents! Volunteering will give you an opportunity to connect with and contribute to the senior community. Positions vary significantly and fit different strengths, goals and desires. Time commitments differ and are sometimes very flexible. Whether you are a leader, a team member or an individual with a fresh idea, we will help you find the best position for you. We will work with you to find the appropriate fit from customer service to committee work! Contact Becky MacDonald at 519-822-1260 x 2096.

Transportation Services

St. Joseph’s Transportation Program
Getting to Evergreen is easy with transportation provided to seniors and physically disabled adults living in Guelph, Fergus, Elora, and surrounding areas. The rides are provided by St. Joseph’s Health Centre volunteers and staff. For further information on the program and ride rates, call St. Joseph’s Health Centre Outreach Department at 519-824-6000 x 4651.

Guelph Transit tickets and monthly passes
Did you know that you can purchase tickets and monthly passes at the Evergreen Seniors Community Centre? Tickets are also available at all City recreation centres and at ServiceGuelph in City Hall.
Guelph Wellington Seniors Association (GWSA)

The Evergreen Seniors Community Centre is home to the Guelph Wellington Seniors Association, a non-profit organization for seniors 55 plus years of age. An annual membership to GWSA costs $22, $28 or $45 (plus HST on all memberships) depending on how you want to receive your monthly newsletter. Benefits of a GWSA membership:

- Over 30 different activity groups to participate in
- 60 different registered programs with discounted rates
- Register at a reduced enrolment rate for senior service courses
- Participate in GWSA drop-in activity groups at affordable rates
- Schedule an appointment with any of our clinics located at the Evergreen Centre that offer foot care, blood pressure, diabetes support and services. Some clinics are at no cost for members.
- Participate in a variety of day trips organized by the Evergreen Seniors Centre Travel Committee volunteers
- Vote at the Annual General Meeting
- Meet new friends
- Receive the monthly newsletter, with information about the Centre and your membership
- Become involved in meaningful volunteer work
- Opportunities to stay active and involved
- Advocacy for seniors’ issues

Join the association and take advantage of your seniority.

Community Support Services

Community Support Services, an initiative of the Guelph Wellington Seniors Association, offers easy access to wellness programs that support independence, healthy aging and quality of life. Our services are made possible through the generous work of our volunteers, many of whom are seniors themselves.

Call 519-837-5696 to inquire about our volunteer opportunities or for more information about these programs.

Outreach

The Outreach program is a friendly and enjoyable program for seniors who are unable to socialize on a regular basis. This half-day program is held twice a month at the Evergreen Seniors Community Centre and once a month at St. Paul’s Lutheran Church and the West End Community Centre. The program includes gentle exercise, speakers, entertainment and a hot lunch. Transportation to and from your home is provided.

**Cost:** $6/session

Feeling Better Eat Well Programs

Feeling Better Eat Well programs promote the importance of good nutrition for older adults. Good food choices are encouraged to help improve and maintain health and independence. Regular Eat Well programs and services include:

Feeling Better Move Well, Gentle Exercise Program

This program offers SMART (Seniors Maintaining Active Roles Together)®, a trade-mark owned by VON Canada and used under license by the Guelph Wellington Seniors Association. Through gentle exercise either in one’s own home or in group settings, this program promotes and develops opportunities for older adults to maintain and/or increase their mobility and physical independence. Both programs are for adults 55 yrs of age and older.
Community Support Services

**Feeling Better Move Well, In-Home Exercise**
Trained volunteers provide direction and motivation to participants through a once weekly gentle exercise, 12-week program. Referrals are accepted by way of healthcare professionals and self referrals.

**This is a free service**

**Feeling Better Move Well, Group Exercise Program**
Cost: $2 donation per class
Entry level, one hour long, group fitness class for older adults led by trained senior fitness instructors. The gentle exercise sites generally run from the second week of September until the second last week of June and do not run in July and August. The seven sites are:

**Evergreen Seniors Community Centre – Auditorium**

**The Salvation Army Guelph Citadel**
1320 Gordon St., Guelph
Exercise/Community Room

**Wellington and Guelph Housing Apartments**
229 Dublin St. N., Guelph

**Wellington and Guelph Housing Apartments**
130 Grange St.

**Twin Towers Apartments**
53 Speedvale Ave. W., Guelph (Lobby)

**Talisman Square Apartment**
467 Edinburgh Rd. S., Guelph (Social Room)

**West End Community Centre**
21 Imperial Rd. S., Guelph (Gymnasium)

For more information and site availability, please call Margaret at 519-822-1260 x 2747.

**Diabetes Support Group**
A group support for those 55 and older facing the challenges and sharing the solutions of living with diabetes. No pre-registration required; just drop in when you can.

Days: Second and fourth Tuesdays of each month
Time: 9-10 a.m.
Location: Room 2, Evergreen Seniors Community Centre
Cost: $2 donation/meeting

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**Evergreen Restaurant**
Everyone can enjoy a great meal
at the Evergreen Seniors Community Centre
Breakfast and hot lunches served daily as well as a wide selection of soups, sandwiches and more.

**Community Rummage and Treasure Sale**
Saturday, April 12
8:30 a.m.–12:30 p.m.
Spend the morning treasure hunting for unique crafts, antiques and collectibles.

**Evergreen Seniors Community Centre**
683 Woolwich Street
519-823-1291

**Dining room open**
Monday to Friday (except holidays)
8:30 a.m.–1 p.m.
All menu items, including breakfast, served
8:30 a.m.–1 p.m.
Featured hot lunch
11:30 a.m.–1 p.m.
All ages welcome

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**Spend the morning**
Call 519-823-1291 for more info
Food Tasting Events
Come and try our featured recipes. Each month has a new theme with new recipes to try out! Sponsored by Diabetes Care Guelph
Day: Last Friday of each month
Location: Front Foyer, Evergreen Seniors Community Centre
Time: 10:30 a.m.-noon
This is a free service

Food Education Events
Join our fun and interesting food demonstrations for new ideas and recipes. Sessions include an education component and tasty samples. Call the Community Support Services office at 519-837-5696 for dates and times.

Seniors Offering Support
Trained and caring senior volunteers provide assistance to fellow seniors and caregivers for the following:

- Confidential telephone support, information and referral service. The service is available Monday to Friday, 11 a.m. to 3 p.m. Call 519-767-4445 or toll-free 1-866-767-4445
- Senior volunteers meet with other seniors in their homes or at the Evergreen Seniors Community Centre to help them connect with health and community support programs

June is Seniors’ Month
June is Seniors’ Month and there is no better time to drop into the Centre to learn about the opportunities, programs and services for older adults. Be part of one of the most active and engaged seniors population in the province.

What’s happening
District 26 Seniors Games
Monday, June 2 –Friday, June 13
Bike for Heart
Wednesday, June 11, 1 p.m.
Sexual Health Discussion
Tuesday, June 17, 1 p.m.
Art History – The Last 30,000 Years
Wednesday, June 18, 10 a.m.
Seniors’ Walk
Thursday, June 19, 10 a.m.
June is Seniors’ Month Flag Raising
Thursday, June 19, 11 a.m.
Barbeque
Thursday, June 19, 12:30 p.m.
Exercise is Medicine
Monday, June 23, 10 a.m.
GWSA Annual General Meeting
Tuesday, June 24, 1 p.m.
Art Classes – Open House
Thursday, June 12, 12:30-3 p.m.

For more information
Call 519-823-1291 or visit guelph.ca/seniors
Leisure Services

Book Nook
The Evergreen Seniors Community Centre library has a wonderful collection of fiction and non-fiction books, videocassettes, CDs and DVDs in our Rotary Rotunda. This collection has been made possible through generous donations from our members and the public. Borrowed items are for GWSA members only and may remain out for up to three weeks and returned to the drop box outside the library doors. A volunteer librarian is available on Wednesday mornings. For more information about book or audio-visual donations please call 519-823-1291.

Days and time: Monday to Friday, 9 a.m.-4 p.m.
Cost: Free to GWSA members.
Donations are always greatly appreciated.

The Sentinel Newsletter
Now available online at gwsa-guelph.ca
A newsletter published 10 times per year, written by and for seniors. This publication is available through your GWSA membership. A subscription can also be purchased. The Sentinel will keep you up-to-date on what is happening at the Centre and in the community. For advertising inquires contact The Sentinel at 519-823-1291 x 2695 or email sentinel@gwsa-guelph.ca

Trips and Tours
The GWSA Travel Committee plans and organizes a variety of trips and tours for members of the Guelph Wellington Seniors Association. Trips are advertised monthly in The Sentinel and in travel flyers available at the Centre.

Day: First Wednesday of each month is trip booking
Time: Doors open 8 a.m.; onsite trip bookings start 9 a.m.; phone registration bookings start 9 a.m.

If you are booking a trip through Great Canadian please inform them that you are a GWSA member.

Treasure Chest
Visit the Evergreen Seniors Community Centre’s craft store, the Treasure Chest, to find some great homemade crafts and collectibles, including baby clothing and blankets, sweaters, hats, mitts, scarves and so much more. This is a great place to find homemade items at reasonable prices.

Hours: Monday to Friday, 9 a.m.-4 p.m. and evenings/weekends if there are rentals in the building.

Activity Groups
New participants are always welcome to take part in the following activities at Evergreen Seniors Community Centre. All activity groups are organized for GWSA members. Come out and try a group for free, and once you decide it is for you, become a member of the GWSA. Most of the activity groups listed charge a small ‘pay as you go’ or a set annual fee.

We are always looking for groups of people with similar interests to get together and share their knowledge and talent of skills. If you have an interest to share and want to start an Activity Group with others of similar interests, please contact Jocelyn Pedersen, program coordinator, at 519-823-1291 x 2453.

Art in the Hall
The Art in the Hall project celebrates the creativity within our community at large by showcasing a diverse selection of art from the GWSA members as well as local and regional artists. This unique gallery space interweaves traditional contemporary artwork in all its forms and mediums. We welcome formal submissions from artists who wish to be considered to have their work show cased at the Art in the Hall gallery spaces. Contact: Mary Kroetsch, artinthehalls@live.ca

Badminton
Recreational play for beginners through to experienced players.

Evergreen Seniors Community Centre
Days/times: Tuesday, 7 p.m.; Thursday, 9 a.m.; Friday, 10 a.m.; Sunday, 1 p.m.
**West End Community Centre**

**Days/times:** Monday, 1 p.m.; Wednesday, 1:15 p.m.
**Contact:** Eleanor Stern, 519-837-2702

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**Bid Euchre**

Free lessons provided for anyone wishing to learn.

**Days/times:** Monday, 6:30-9 p.m.; Thursday 1-4 p.m.
**Contact:** Ken Johnson, 519-824-9512

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**Book Club**

Do you enjoy reading and discussing books? Our book club reads non-fiction, fiction – including various genres such as historical fiction, mysteries, science fiction, and classical literature and we explore new and old authors from around the world. Come and join us for an afternoon of lively discussion, laughter and camaraderie.

**Day/time:** Last Friday of each month, 1-3 p.m.
**Location:** Board Room, Evergreen Seniors Community Centre
**Contact:** Vionna Maye, 519-824-8873 or vionna@sympatico.ca

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**Bridge**

Join us for recreational bridge in the afternoon or evening. Amateurs are always welcome.

**Evergreen Seniors Community Centre**

**Days/times:** Tuesday, 7 p.m.; Thursday, 1 p.m.

**West End Community Centre**

**Day/time:** Monday, 1 p.m.
**Contact:** Joan Smith, 519-824-5026 or Johnny Hrico, 519-821-8821

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**Canoe Club**

Enjoy exploring by canoe on the Grand River and its many tributaries this summer. Weekly trips from May to September of about two hours on the water with a snack break. Canoe ownership is not mandatory. Skills training is being arranged beginning in April. Activity fee is $50 with your GWSA membership.

**Contact:** Ken Fugler, 519-767-0145

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**Chess**

Looking for a challenge this year? Join a group who plays one of the most popular games in the world—the strategic game of chess. New to the game or haven't played in a little while? No problem...we'll teach you how. Join us each week as we share strategies, challenge ourselves in the game and meet new people.

**Day/time:** Friday, 9:30 a.m.-noon.
**Contact:** Dave Wurr, 519-827-1032

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**Computer Club**

Learn valuable information and tips about computers.

**Day/time:** second Monday of the month (except holidays), 7-9 p.m.
**Contact:** Gord Clegg, 519-824-3293

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**Cross Country and Downhill Ski Club**

The Evergreen Ski Club has two divisions: Downhill and Cross Country. To join the Ski Club, you must be a member of the GWSA and register at the front desk of the Evergreen Centre. The cost to join one or both divisions of the Ski Club is $10 per ski season paid at the time of registration. You will be contacted by email, preferably, or phone about skiing events. The Downhill Ski Division skis weekly at Blue Mountain on Mondays from December to March. We meet at the Evergreen Centre at 8 a.m. and carpool to Collingwood. We return to the Evergreen Centre by 6 p.m. The Cross Country Division skis once a week in the Guelph area, snow conditions permitting. We have skied The Ignatius Centre, The Royal Recreational Trail, Cuten Club Golf Course, The Arboretum and The Mansfield Cross Country Area near Alliston. Contact Ted Pritchard and try out the Ski Club at least one time before registering.

**Contact:** Ted Pritchard, 519 826-6121 or tpritcha@rogers.com

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**Craft Group**

Laugh and talk while you knit, sew, and crochet. Coffee and tea are served. We sell your creations at “The Treasure Chest” inside the Evergreen Centre for the GWSA seniors' programs. Newcomers and new craft ideas are always welcome. The Treasure Chest is open Monday to Friday, 9 a.m.-4 p.m.

**Day/time:** Friday, 9 a.m.-2 p.m.
**Contact:** Nellie Jagt, 519-822-1278

Register online at regexpress.guelph.ca
Cribbage
Join in a friendly and enjoyable four-handed cribbage game.
Day/time: Tuesday, 1-3 p.m.
Contact: Elaine Miller, 519-836-7874

Darts
Darts are supplied for those who do not have their own. We play in a smoke free environment. This club is open to everyone and members are available to teach new players.
Location: Stage, Evergreen Seniors Community Centre
Days/time: Wednesday/Friday, 10 a.m.-noon; Saturday, 10-noon
Contact: Gord Knox, 519-763-5795

Euchre
Dates/times: Monday/Friday, 1-4 p.m.; third Wednesday of the month (September to June only), 2-5 p.m.
Contacts: Monday sessions – Don Quant, 519-822-6691; Wednesday sessions – Audrey Young, 519-821-7471; Friday sessions – Ray Barnes, 519-824-6004

Golf
Weekly we play a local Golf North property for social 9- or 18-hole morning of fun and camaraderie.
Day/time: Monday, 8 a.m. (May through September)
Contact: Ken Hills, 519-836-8414

Improving Bridge
For individuals who have already taken bridge lessons and would like to work on improving their game. Volunteers will be on hand to coach you.
Day/time: Friday, 9-11:30 a.m.
Location: Room 3, Evergreen Seniors Community Centre
Contact: Conny Budarick, 519-763-6651

Line Dancing
Line dancing is a popular activity for both men and women.

Location: Evergreen Seniors Community Centre
Days/time: Monday – beginners, 9-10 a.m.; intermediate, 10:15 a.m.-11:30 a.m.; Thursday, 1-3 p.m.
Contact: Irma Armstrong, 519-763-1252

Mah Jong
Mah Jong is a game of Chinese origin, usually played with tiles, similar to dominoes. Instruction available for those who don’t know how to play.
Day/time: Tuesday, 12:30 p.m.
This group congregates at the tables in hallway closest to the library.
Contact: Georgia Taylor, 519-265-8816

Peer Learning
Keep your mind active in a friendly and supportive peer learning group. A maximum of 14 participants examine a specific topic of general interest in eight two-hour sessions. Each participant researches a particular aspect of the topic and gives a 20 minutes summary to the group, followed by a 30–40 minutes group discussion. Please refer to the registered program section for days and topics.
Cost: $18 per course
(September through March)
Contact: Malcolm Coutts, 519-822-5789

Into Focus Photography
Join us at our monthly meetings were we discuss making good photos great. Using the expertise of fellow members and community professionals, discussion takes place to improve our own photography skills. Both film and digital cameras welcome, as well as amateurs and professional photographers. Work of this club is also on display in the Evergreen Dining Room.
Day/time: Last Monday of the month, 1-3 p.m.
Contact: Jean McClelland, 519-763-4881

Pickleball
The main objective of Pickleball is to keep the ball in play over a net that is three feet off the ground, while utilizing placement and pace. Pickleball can be played as either singles or doubles on a badminton sized court. Specific paddles are needed, but some are available if you are willing to try it out!
West End Community Centre
Days/times: Tuesday, 12 -4
    Thursday 2:30-4:30
    from Sept-June

Evergreen Senior Community Centre
Days/times: Tuesday, 9 a.m.-12 p.m.
    Friday, 12:30-3 p.m.
    July-Aug only!
Contact: Garry Dagenais, 519-823-1172

Porcelain Artists
China painters share an interest in painting on beautiful bone china to create lovely heirlooms. Our group welcomes new members or seasoned artists. Members of the group have access to a kiln, seminars, worksheets, videos and the knowledge of other members.
Days/time: Second and fourth Wednesday, 1-4 p.m.
Contact: Marion Kuti, 519-780-0073

Quilt Group
This energetic group produces beautiful quilts, often on display at the Evergreen Seniors Centre.
Day/time: Monday, 12:30-4 p.m.
Contact: Beryl Drohan, 519-827-0120

Scrabble
Friendly competition and fun for word lovers. This lively group welcomes newcomers.
Day/time: Thursday, 1 p.m.
Contact: Paul Brummer, 519-265-0629 or Linda Robertson, 519-265-5434

Shuffleboard
If you are looking for fun, friendship and gentle exercise then join our group at the Evergreen Centre. Beginners are very welcome. Register the first time you play. Instruction is available.
Days/times: Tuesday (September to May), 9:30-11 a.m. and 1-3 p.m.; Wednesday (year round) 1:15-3 p.m.; Friday (September to May), 1:30-3 p.m.
Contact: Jean Campbell, 519-821-2695 or Veronica Fowler, 519-836-4105

Silver Seven Skaters Club
Join us every Saturday evening (November to March) from 8 to 9:50 p.m. at Exhibition Arena for an evening of leisure skating, socializing and making new friends. We play music from your era and once per month a live band is brought in for you to enjoy. Don’t forget about our refreshments and our social events. Hope to see you there!
Contact: Sharon O’Sullivan, 519-848-2084

Silvertones Choir
This choir has more than 20 men and women members. The choir often volunteers to sing at nursing homes, retirement homes and other venues. We are currently looking for new members.
Day/time: Friday, 1 p.m. (until the end of May)
Contact: Darlene Pemberton, 519-822-0704

Snooker, Billiards and Pool
Three tables are available at the Evergreen Seniors Community Centre.
Days/times: Monday to Friday, 9 a.m.-4 p.m.; Tuesday, 7-9:30 p.m.; first Thursday of each month, 7-9:30 p.m.
Contact: Earl Hayward, 519-821-0345

Solo
Join us for this fascinating and addictive card game. If you wish to learn the game, call to arrange for free instruction.
Day/time: Thursday, 9-11:30 a.m.
Contact: John Hofstee, 519-821-9626

Table Tennis
Enjoy friendly and active competition.
Evergreen Seniors Centre
Days/times: Monday, 3:30-6:30 p.m.; Wednesday, 9:30 a.m.-12:45 p.m.; Saturday (occasional), 9:30 a.m.

West End Community Centre
Day/time: Friday, 12:30-3:15 p.m.
Contact: Cecil Carnochan, 519-836-9415

Register online at regexpress.guelph.ca
Texas Hold’em Poker
This group uses a point system to play. The games are played until two players are knocked out or the clock turns 8:30 p.m. Follow the laughter to find us.
Day/time: Tuesday, 6:30-8:30 p.m.
Contact: Mike Rooke, 519-824-2472 or Gord Knox, 519-763-5795

Walking Club
All walkers must be current members of the Guelph Welling Seniors Association. Registration in April. Our Walking Club will meet Thursday mornings and walking will commence in April assembling at the Evergreen Centre at 9.30 a.m. for the first walk only for registering, collection of fees and assigning cars (for most walks). From May to October, 2014 we will assemble at the orange roofed pavilion in Riverside Park at 9.30 a.m. each Thursday.
Contact: Brenda Langham, 519-836-8366

Watercolour Painters
This club provides an opportunity for watercolour painters to practice their hobby along with other people sharing the same interest, while encouraging one another and receiving information, ideas and inspiration in the process.
Days/times: first and fifth Wednesday of the month, 12:30-4 p.m.; third Wednesday of the month, 9 a.m.
Contact: Elaine Ferdinandi, 519-821-8186

West End Arts Group
This is an organized club of artists who reside in the Guelph area, receptive to all art media. Watercolours, acrylics, pastels and oils. Our intentions are to help each other and arrange art shows of our work.
Location: Impressive Promotions Room, West End Community Centre
Days/time: Tuesday/Thursday, 12:30-3 p.m. (September to June)
Contact: Rhonda Steeves, 519-821-9172

West Hills Art group
The West Hill Arts group focuses on painting as well as drawing. Their goal is to supper one and other in their art as well as to educate seniors on different art media.
Location: West End Community Centre
Day/time: Thursday, noon-4 p.m.
Contact: Lois Ryder, 519-822-6426

Writers’ Club
If you enjoy writing stories, essays or poems, come to the Writers’ Club. We take turns reading our pieces to the group.
Location: Boardroom, Evergreen Seniors Centre
Days/time: Second and fourth Thursday of each month, 1-3:30 p.m.
Contact: Ross Coulter, 519-821-3993

Fees listed are for Guelph residents. Non-residents please add $10.00. All fees are subject to applicable taxes.